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LOST CREATOR, STAR TEAM UP IN NEW DRAMA ABOUT ALCATRAZ
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OTTAWA metro®
Monday, January 16, 2012
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News worth sharing

Trial won't bring back jobs, Nortel vets say

Toronto case could take more than six months: Officials ◗ Fraud allegations come from investigation of millions of documents: Crown

JESSICA SMITH
@METRONEWS.CA

For some local Nortel workers the fraud trial of the firm's former top execs starting today isn't as important as the civil battle over pensions or their memories of working for a company they believed in.

"It can't affect anything that happened in the past," said former Nortel employee Sue Kennedy. "We lost our jobs, our benefits, our health benefits, our salary and everything."

Former CEO Frank Dunn, former CFO Douglas Beatty and former corporate controller Michael Gollogly are accused of misstating financial statements to get bonuses, before they were fired in 2004.

All three men deny any wrongdoing.

Kennedy is the court-appointed representative for disabled Nortel employees in the difficult legal process of dividing proceeds of the sale of the firm's assets.

For Kennedy, the trial of the executives brings back "haunting" memories of her time working as a usability tester for Nortel, including grand parties with fireworks held when Nortel acquired another company.

"I never expected to leave there and, more than that, I never expected Nortel to be gone. Everything was so positive and it was just growing and growing," she said.

David Edey, retired global director of security policy for Nortel, said the many of the upper-level employees will be watching the trial with interest.

"Do we want to see justice done? Absolutely. If they're convicted, do we want to see them go to prison? If that's the judge's will, I doubt that any of us will be visiting them there," Edey said.

But his foremost concern is how Nortel's remaining assets will be divided, and how much will go to employees, he said.

"I gave so much of my life to what I thought was a huge benefit to humanity in general, because we had such leading-edge technology that we were able to bring to the world," he said. "So there is a lot of emotion attached to this stuff, and to the trial, even if it's a sense of, not getting even, but let justice be done."

▶ Actress Zooey Deschanel arrives at the 69th Annual Golden Globe Awards held at the Beverly Hilton Hotel Sunday in Beverly Hills.

JASON MERRITT/GETTY IMAGES

Hollywood goes Golden

Celebrities from film and television walked the red carpet in the posh neighbourhood of Los Angeles Sunday Night. For coverage of the evening's awards, see page 10.

1 news

A Hong Kong outlet of Dolce & Gabbana is in hot water over who it's apparently not allowing to photograph its window displays. Scan the code for the story.

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Should a family be denied permanent residence because they have a young boy who is deaf? Guidy Mamann discusses a recent Federal Court decision at metronews.ca/immigration

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JOE LOFARO/METRO

▶ Katerina Estable Smircich, 7, left, skates with her father, Mats Asell, on the Rideau Canal near Fifth Avenue on Sunday.

Young and old embrace opening of skateway

Cold nights helped thicken the ice for opening day Section near the University of Ottawa will be next to open: National Capital Commission

JOE LOFARO
@METRONEWS.CA

Dozens of people braved bone-chilling cold and brisk wind chill to be the first to skate a 2.2 kilometre stretch of the Rideau Canal Sunday morning, when the National Capital Commission opened up part of the skateway to the public.

Environment Canada said it was -20 C in Ottawa when the canal opened, but wind chill made it feel like -29 C.

This year marks the 42nd skating season, and eager skaters are now able to enjoy the canal between Bank Street and the Pretoria Bridge and try out the new chalets.

Genevieve Bellemare came out to the canal with her sons, Quentin and Thomas, as soon as she heard about the opening. She has been coming to the canal every season since moving to Ottawa from Quebec City three years ago.

"If you have the proper clothes, the weather isn't that bad," said Bellemare as she laced up her son's skates. "Winter is boring if you stay inside."

The skateway is a regular lunch break spot for Mats Asell who said he usually visits it as much as he can when it's open.

He said ice conditions were OK for skating with his seven-year-old daughter, Katerina.

"It's a little bumpy, but I hope they can flush it and work on it," said Asell.

And more sections of the canal should begin to open soon.

"Probably more like days that we'll be opening various segments," said the NCC's Michelle Comeau. "But it's so weather-dependent that it's hard to predict," said Comeau.

A busy time

- The Rideau Canal skateway will host activities for the NHL All-Star Weekend, Jan. 26 to 28.
- The skateway is also one of the official sites of Winterlude festivities, Feb. 3 to Feb. 20.

Blaze prompts calls to throw out Christmas trees

JOE LOFARO
@METRONEWS.CA

Anyone with a real Christmas tree still in their home should remove it, fire officials are warning after a tree ignited early Sunday morning, causing a two-alarm fire.

Fire Services spokesperson Marc Messier said an unattended candle burning next to a Christmas tree in a single-family home on 446 Fraser Avenue caused the blaze.

Paramedics treated the sole occupant, a 63-year-old woman, for smoke inhalation and shortness of breath before she was transported to hospital.

She was released and is staying with family in Gatineau, said Messier.

Messier said real Christmas trees are likely too dry to still have in the home and pose a real fire risk.

"Also, we would like to remind residents to never leave candles unattended or placed near combustible materials," he added in a news release.

The main floor was heavily damaged by the fire, which spread to the second storey and roof of the house.

Damages are estimated at $500,000.

Former Congo prisoner heading home

A University of Ottawa student who was released from prison in the Democratic Republic of Congo is expected to come home Monday, his brother says.

Joel Mumlumba Cimankinda said his brother, Fabien Shambuyi Kalala, is scheduled to arrive at the Ottawa airport Monday afternoon. Cimankinda and his family in Ottawa will be there to welcome him home.

He said Kalala, 24, flew to South African before boarding a flight to Canada.

▶ Fabien Kalala

Kalala had been volunteering as a security guard for Congolese opposition leader Etienne Tshisekedi following the disputed results of the Nov. 28 election, which put president Joseph Kabila back into power. Kalala's sister, Agnes Mbuyi Cimankinda, said he was arrested for allegedly insulting a police chief.

Kalala was released from prison on Dec. 31, and Canadian authorities in the DRC gave him his passport back last week so that he could return home.

JOE LOFARO

News in brief

Elderly man dies in fire

INVESTIGATION. Police say remains found in a burned-out home west of Ottawa this weekend were those of an elderly man named Aaron Barr.

Police were asked to stop by the Horton Township home on Saturday to check in on Barr. When the officers arrived, they found it had burned down.

An autopsy is pending.

THE CANADIAN PRESS

Gun seized in police probe

WEAPONS. Ottawa police have charged six men following a home invasion and robbery Friday night on Baseline Road that ended in a stabbing.

A sawed off shotgun was also found.

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Italy cruise ship death toll rises to 5 after divers find two more bodies

At least 15 people unaccounted for after luxury liner runs aground
Captain arrested after accident

Maritime authorities, passengers and mounting evidence pointed Sunday toward the captain of a cruise liner that ran aground and capsized off the Tuscan coast, amid accusations that he abandoned ship before everyone was safely evacuated and was showing off when he steered the vessel far too close to shore.

Divers searching the murky depths of the partially submerged Costa Concordia found the bodies of two elderly men still in their life jackets, bringing the confirmed death toll to five. At least 15 people were still missing.

The recovered bodies were discovered at an emergency gathering point near the restaurant where many of the 4,200 on board were dining when the luxury liner struck rocks or a reef off the tiny island of Giglio.

THE ASSOCIATED PRESS

Sinking ship

- **Authorities are holding** Francesco Schettino, the ship's Italian captain, for investigation of suspected manslaughter and abandoning his ship, among other possible charges.
- **According to the Italian navigation code**, a captain who abandons a ship in danger can face up to 12 years in prison.
- **A coast guard official on** Sunday said officers exhorted Schettino to return to his ship as panicked passengers desperately fled the cruise liner.

GREGORIO BORGIA/AP PHOTO

▶ An Italian firefighter helicopter lifts up a passenger from the luxury cruise ship Costa Concordia, which ran aground off the tiny Tuscan island of Giglio, Italy, Sunday.

Liberals stand by Queen, approve marijuana

God save the Queen and pass the joint.

Federal Liberals have shot down a proposal calling for Canadians to consider cutting this country's ties to the monarchy. But they've thrown overwhelming support behind another calling, for the legalization and regulation of marijuana.

The proposals on the monarchy and marijuana were among a handful of controversial resolutions at the party's renewal convention.

They were put forward by the party's youth wing, which argued that the Liberal party, reduced to rubble in last May's election, needs to advance bold ideas if it is to revive.

"I think that there's a certain amount of generational change happening in the party," said Samuel Lavoie, president of the Liberal youth wing, on Sunday.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

▶ Britain's Queen Elizabeth II talks with Canadian Prime Minister Stephen Harper during Canada Day celebrations on Parliament Hill in Ottawa on July 1, 2010.

Party shakeup

- **Delegates balked** at adopting a U.S.-style primary system to elect future leaders. They rejected a proposal to introduce a system of staggered regional leadership votes.
- **They did support reforming** the country's electoral system, voting to adopt preferential balloting in federal elections, rather than the current first-past-the-post system.

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Federal Liberals pick new party president

Federal Liberals selected Mike Crawley as their new party president.

On Sunday, he beat out Sheila Copps, a veteran former cabinet minister who was at one time considered the favourite to win but whom some Liberals felt symbolized the past. Crawley won the vote by a slim 26 votes.

Before he was elected as the new party president, Crawley was the head of the Liberal party in Ontario.

Some 3,000 federal Liberals from across Canada attended the biennial three-day convention in Ottawa to debate, among many other things, executive leaders and proposals aimed at ensuring the long-term survival of the party. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Mike Crawley

Recession or not? Canadians think so

Recession ended more than two years ago: Economists
Canadians unconvinced, as disposable incomes decline

Is Canada in a recession? A majority of Canadians think so. But data and economists say otherwise.

The issue arose when pollster Michael Marzolini of Pollara reported to the Economic Club that 70 per cent of Canadians felt the R-word applied today, and a similar number thought the downturn would last at least another year.

The finding was immediately scoffed at by economists and policy-makers. Except for a brief skid in the second quarter of 2011, the economy has been growing steadily since 2009, they say. Hardly a day goes by when Prime Minister Stephen Harper and Finance Minister Jim Flaherty don't trumpet the fact that Canada has created more than 600,000 new jobs since the slump, much more than the 400,000 or so that were lost.

The technical definition of recession is when real, inflation-adjusted gross domestic product falls in back-to-back quarters. That happened in the fourth quarter of 2008 and the first two quarters of 2009.

But real GDP adjusts for inflation, not for population. Canada's economic performance looks different when population growth — about one per cent a year — is factored out. By that measure, Canada's per-capita GDP is still 1.4 per cent below what it was prior to the recession.

"To most people, real GDP doesn't really matter, what matters is per capita income," said Craig Alexander, chief economist with the TD Bank.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 43.27 (12,231.06)	- 0.42¢ ($97.78¢ US)
Oil	**Natural gas**
- 40¢ US ($98.70 US)	$2.67 US (- 3¢ US)
	Gold
	$1,630.80 US (+ $16.90 US)

Protesters decry Dolce & Gabbana

Occupy Dolce & Gabbana? A Hong Kong outlet of the Italian fashion label has been the target of protests as residents claim sales staff have discriminated against them.

News reports earlier this month said staff were preventing Hong Kong people — but not mainland Chinese or foreigners — from taking photos of the shop windows. A rally outside the store last week drew hundreds of protesters. Several dozen people protested Sunday, taping posters on the glass saying "Apologize or get out."

Dolce & Gabbana said that it "has not taken part in any action aiming at offending the Hong Kong public."

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FEELING A DRAFT IN FAT CITY

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA

As the federal Liberals, who lost their jobs as the official Opposition in May, huddled at the Ottawa Convention Centre over the weekend to plot a new employment strategy for themselves, they weren't alone. It's getting a little colder here for many of us.

Some Canadian tourists see Ottawa as a place to come to visit their long-lost tax dollars, which are endlessly poured into the capital and are keeping us locals insulated from those icy prevailing economic winds.

And they have a point — to a point. According to Statistics Canada, unemployment here was 6.3 per cent in December, which still stinks if that number includes you, but beats both the national (7.5) and provincial (7.7) rates. In Barrie and Windsor, more than 10 per cent are jobless.

"Every federal layoff notice seems to include a significant hit for the National Capital Region. Last week alone, Environment Canada issued pink slips to 60 scientists, about a third of them based here.... And we haven't even seen the federal budget yet."

As we've been repeatedly warned, the stimulus spending spree is over (about $400 million of which was spent here) and expected federal job cuts will be particularly felt in Ottawa, where about 41 per cent of the public service lives, works and spends.

The Conference Board of Canada is projecting so-so 2.4 per cent economic growth nationally for 2012, but expects Ottawa to lag behind at 1.8 per cent as federal spending cuts eliminate more local public service jobs.

Every federal layoff notice seems to include a significant hit for the National Capital Region. Last week alone, Environment Canada issued pink slips to 60 scientists, about a third of them based here, and the Canada School of Public Service announced the chopping of its language-training programs (another 190 jobs, mostly in Ottawa). And we haven't even seen the federal budget yet.

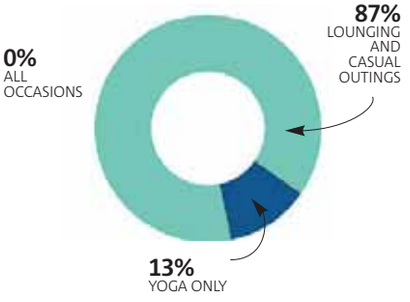
In many parts of the country, common reactions to these cuts could be expected to range all the way from "So what?" to "Well, good."

But here, where public servants are more likely to be our friends, family and neighbours, lazy stereotypes about them as underworked, overpaid dead weight are a little harder to swallow.

Those who believe you can turf large numbers of government workers without affecting services need only look at the backlog of 360,000 EI claims that has followed layoffs at Service Canada. Adding hundreds of people who would normally process the EI applications to the growing lineups outside might strike some as counter-productive, but public employees are an easy, obvious target in times like these.

Register at metropolitanpanel.ca and take the quick poll

Yoga pants may be worn for:



Local tweets

- **@Who-Dis12:** Canal is finally open! #Ottawa
- **@JessicaManlow:** You know you're in ottawa when you have to stop in mr. Mozzarella on your way to the bar to warm up
- **@ParksCanada:** Fun fact: @RideauCanalNHS was conceived after the #Warof1812as a military supply route linking the #Ottawa River w/ #Kingston
- **@nowarranty:** Finally a comprehensive "Green Policy."..... Liberals vote to legalize marijuana.... soc.li/AelTMuS
- **@SandyDG:** Zillions of us are longing to vote Liberal and all they can say to us is they are going to legalize pot! Liberals going nowhere! #lpc12
- **@chp97:** So cold in Ottawa, freezing right through to my bones! As I get older I really can't think of spending my whole life doing this...
- **@trendsmapottawa:** 'marijuana' & 'skateway' are now trending in #Ottawa http://t.co/IuC9IdD0
- **@elliothaughin:** I totally won at ice skating on the canal in Ottawa.

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Daily Zoom

Sculptures of ice from river water

HARBIN, CHINA. Ice sculptors from nine countries competed in the 26th International Ice Sculpture Contest in China's northeastern city of Harbin. The event is part of an annual ice and snow festival, which sees its streets filled with pagodas made entirely of ice. ● METRO WORLD NEWS

3 It takes three days to sculpt a block of ice weighing over two tonnes, which is cut from the frozen surface of the nearby Songhua River. Locals say the ice is notably translucent, as it freezes slowly each winter while the river continues to flow beneath and polish it.

"(In ice sculpture) you see the light, how it reflects. It's more playing with light.... I make all these ideas, which are not possible to make in any other material." KARLIS ILE, 37, LATVIAN-BORN ARTIST

Humble origins

- The first festival in 1963 may have originated from tradition of ice lantern-making by local fishermen.

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2 scene

Is Plummer on the Oscar track?

Canadian actor Christopher Plummer nabs a Golden Globe for best supporting actor
Is the 82-year-old finally on track to win the Oscar that has eluded him?

Canadian-born stage and screen legend Christopher Plummer won the supporting-actor Golden Globe for his role as an elderly widower who comes out as gay in the father-son drama Beginners.

Claiming the first prize of the night at Sunday's Globes may give 82-year-old Plummer the inside track for the same prize at next month's Academy Awards.

"I must praise my distinguished competitors, who whom I have the greatest admiration and to whom I apologize most profusely," said Plummer, who added warm regards to Beginners star Scottish actor Ewan McGregor.

"I want to salute my partner, Ewan, that wily Scot, 'Ewan My Heart's in the Highlands' McGregor, that scene-stealing swine from the outer Hebrides."

Oscar consideration has been elusive for Plummer, who has been nominated for Hollywood's top honour only once in his 60-year career — two years ago, for the Leo Tolstoy drama The Last Station.

Born in Toronto and raised in Montreal, Plummer is regarded as one of the finest Shakespearean stage actors of the last half century. His film roles range from Austrian widower Captain von Trapp in The Sound of Music and Tolstoy in The Last Station to newsman Mike Wallace in The Insider and a treacherous Klingon general in Star Trek: The Undiscovered Country. He also co-starred in the current thriller The Girl with the Dragon Tattoo.

Recently, he's been preparing a one-man theatrical show A Word or Two, which he plans to debut this summer at the Stratford Shakespeare Festival in Stratford, Ont.

Ricky Gervais, who has ruffled feathers at past shows with sharp wisecracks aimed at Hollywood's elite and the Globes show itself, returned as host for the third-straight year. He started with some slams at the Globes as Hollywood's second-biggest film ceremony, after the Oscars.

He needled early winners, saying the show was running long and stars needed to keep their speeches short.

"You don't need to thank everyone you've ever met or members of your family, who have done nothing," Gervais said. "Just the main two. Your agent and God."
THE ASSOCIATED PRESS

GETTY IMAGES

▶ Michelle Williams wows in Wu.

MATT SAYLES/THE ASSOCIATED PRESS

▶ Best looking couple? The Pitt-Jolies.

GETTY IMAGES

▶ Emma Stone needs no "Help."

▶ Uggie from The Artist went for a walk down the red carpet.

Winners

Here is a partial list of winners as of press time:

Motion Pictures:
Supporting actor — Christopher Plummer, Beginners

Original score — Ludovic Bource, The Artist

Original song — Masterpiece, music and lyrics by Madonna, Julie Frost, Jimmy Harry, W.E.

Television:
Series, drama — Homeland, Showtime

Actor, Drama — Kelsey Grammer, Boss

Mini-series or movie — Downtown Abbey (Masterpiece), PBS

Actress, mini-series or movie — Kate Winslet, Mildred Pierce

Visit metronews.ca/scene for Metro's Ned Ehrbar's behind-the-scenes look at the Golden Globe Awards.

Box office

Contraband managed to steal the top slot at the weekend box office away from competitors. The Universal action film starring Mark Wahlberg debuted at No. 1 with $24 million, according to studio estimates Sunday. Disney's 3D re-release of 1991's Beauty and the Beast waltzed into the No. 2 position with $18.5 million. Joyful Noise, the Warner Bros.' musical comedy starring Queen Latifah and Dolly Parton, opened in the fourth spot with $11.3 million behind Paramount's Mission: Impossible - Ghost Protocol, which earned $11.5 million in its fifth week, bringing its total haul to $186.7 million.
THE ASSOCIATED PRESS

Ricky's golden glib award

Perhaps the biggest question for most Golden Globe viewers this year was exactly how far Ricky Gervais would go with his second opportunity as host after last year's eyebrow-raising skewering of Hollywood's biggest names. The answer, as it turns out, was not too far at all, as Gervais went easy on his audience, poking fun at himself, the Hollywood Foreign Press and host network NBC, which he referred to as a "non-profit organization."

His first victim of the night? Kim Kardashian. "The Golden Globes are to the Oscars what Kim Kardashian is to Kate Middleton ... a bit louder, a bit trashier, a bit drunker and more easily bought, allegedly." METRO

MATT SAYLES/THE ASSOCIATED PRESS

"The HFPA have warned me that if I insult any of you ... or cause any controversy, they'll invite me back next year"
RICKY GERVAIS, REFERENCING THE IRE HE EARNED AS HOST OF LAST YEAR'S GOLDEN GLOBE AWARDS

For more Golden Globes coverage, scan this code or visit metronews.ca/scene

Alcatraz is not Lost 2.0

Lost creator J.J. Abrams reunites with show alum Jorge Garcia for new drama about San Francisco prison

PHYLICIA TORREVILLAS
SCENE@METRONEWS.CA

CITYTV

▶ Jorge Garcia and Sarah Jones star in the new J.J. Abrams mystery thriller Alcatraz.

Jorge Garcia, who played Hurley in the cult drama Lost, is heading back to another island with a different bunch of people in J.J. Abrams' new supernatural thriller Alcatraz.

This shot-in-Vancouver series revolves around more than 300 prisoners and guards who vanished from America's notorious Alcatraz prison in 1963 and start reappearing in the present day, wreaking havoc on the streets of San Francisco.

San Francisco cop Rebecca Madsen (Sarah Jones), Alcatraz expert and comic book enthusiast Dr. Diego "Doc" Soto (Garcia), federal agent Emerson Hauser (Sam Neill) and his sidekick Lucy Banerjee (Parminder Nagra) are forced to join forces to catch and bring to justice the supposed-to-be-dead bad guys.

For Garcia, joining the series was a no-brainer.

"When J.J. calls, with my history with him, I'll make myself available for sure," he says.

"I like what he does and the TV that he makes so I knew what I was going to be in. And then you read the script and it's like, 'Oh, sweet.'"

Jones (Big Love, Sons of Anarchy) says headlining her first series is a little overwhelming, but she says she tries not to put a lot of pressure on herself.

"I just try to treat it like other jobs I've had and do the best I can and hope that people like the character I'm playing as much as they've liked other female heroes that J.J. has brilliantly come up with," she says.

Garcia adds he's slowly getting used to working in Vancouver after shooting Lost in the lush locations of Hawaii. But he admits he's a little bummed his former castaway-mates Daniel Dae Kim and Terry O'Quinn are having fun in the sun, shooting Hawaii Five-0.

"Whenever I watch Five-0 I'm a little bit jealous," Garcia admits.

"But only a little bit. Vancouver has its own green beauty, just like Hawaii. Of course, you have to pay for that with the rain. And it's a little bit colder.

"But I'm having fun. It's a fun show to be a part of. And it's cool living up here."

The series debuts with a two-hour premiere Monday at 8 p.m. ET/PT on Citytv and Fox. Alcatraz returns to its regular 9 p.m. ET/PT time-slot on Jan. 23.

Locklear in the clear after booze and pills overdose

Melrose Place actress all smiles as she was discharged from hospital ◐ Not a suicide attempt say her parents

ALL PHOTOS GETTY IMAGES

▶ Heather Locklear

Heather Locklear is safe at home after being hospitalized late last week for reportedly ingesting a life-threatening mix of booze and prescription pills, according to Us Weekly.

Locklear was reportedly chatty and smiling upon being discharged from Los Robles Hospital in Thousand Oaks, Calif.

Locklear's parents "wanted everybody to know that she's doing well, she's fine, she's not in any danger, she's healthy," a hospital spokeswoman says, adding that her episode was not a suicide attempt. METRO

Celebrity tweets

@EllenBarkin

I am dreaming of a Costco roast chicken...

@oliviawilde

Vegas, day 2. Spent 45 mins lost inside hotel. Beginning to show signs of dementia due to neon overexposure and piped-in nitrous. Send help.

@AlbertBrooks

Not feeling well. What's the cutoff date for "In Memoriam" at the Oscars?

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www.OttawaWeddingShow.com

Do you suffer from
GRASS allergies?
Kanata Allergy Services, in conjunction with Kingston General Hospital, is looking for people to participate in a study about an investigational drug for grass allergies.
If you sneeze from May to mid-July and have a runny nose and itchy eyes that make you miserable, chances are you suffer from grass allergies. You may be eligible to participate if you are 18 to 65 years of age and have had grass allergy symptoms for at least two years.
Compensation is provided.
For more information, please call Jeanne at
613-599-5700 ext. 23
or email: kanataallergy@gmail.com

3 life

Pill recall

Health Canada says a recall of Excedrin products announced last week in the U.S. now extends to Canada.

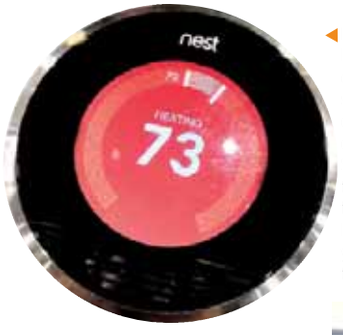
The recall covers all of Excedrin Extra Strength Caplets and Excedrin Tension Headache Caplets with expiration dates of Dec. 20, 2014 or earlier.

The recall was initiated after the U.S. Food and Drug Administration received reports of chipped and broken pills. THE CANADIAN PRESS

Bubble Wrap Kids host urges overprotective parents to give kids space to grow.

Tech-toy heaven

As the 2012 Consumer Electronics Show gets underway, Mike Yawney, Citytv's technology specialist, has scoured the floor for this year's must-have tech toys Here are a few of his picks



Nest: You have never seen a thermostat quite like this. Designed by Tony Fadell, the man who designed the original iPod, Nest is the world's first learning thermostat. Set the temperature in your home and over the course of a few days Nest will learn your climate preferences and start adjusting the temperature on its own. Since Nest is connected to your WiFi network, you have the ability to control the temperature in your home from just about anywhere using a smartphone or tablet. Nest will also tell you when you're saving energy to help you save money. You're going to need that cash, since the thermostat will set you back $249.

55-inch OLED TV: This isn't the first time OLED TVs have shown up at CES, but this is the first year they have reached such a large size. Last year, the ultra-thin televisions hit the 21-inch mark, this year we're finally starting to see 55-inch panels. The TVs are a mere four-mm thin, weigh roughly 7.5 KGs and are very energy efficient. On top of that, the display produces an incredible picture with some of the best colours you've ever seen. The only real drawback may be the price. A couple of years ago Sony sold an 11-inch model for $2,100 so you can expect these large panels will cost you a pretty penny when they hit Canada later this year.

Samsung Upgradeable TVs: Did you buy a TV for Christmas? The reality is that within a few months it will already be outdated. Samsung wants to make sure you don't have buyers remorse this year by allowing you to continuously upgrade your television. Many of its 2012 models will feature a slot on the rear where a special upgrade module can be inserted. This means modules with new software features, even faster processors can be purchased each year to keep your TV up to date. The updates will cost you, but at least you'll have the latest and greatest features on your TV.

Also at the show

Sony Walkman Z
Sony's Walkman Z runs Android 2.3 (Gingerbread) and gives users access to the Android marketplace and thousands of apps without having to own an actual Android phone. Oh, and it also plays music!

Lytro Light Field Camera: Forget what you know about traditional cameras – the Lytro camera changes everything. After a picture has been taken the camera uses a series of algorithms to let users refocus a picture. Who cares if a picture comes out blurry; you can fix it afterward! Focus, refocus and have fun with your pictures. The Lytro light field camera is already available for pre-order.

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Rose Reisman's Swap It

Even vegetarian frozen dinners can be full of fat. Watch for choices that are packed with oil but lack things like protein.

AMY'S PESTO TORTELLINI BOWL
430 CALS, 19 G FAT

WATCH THE PESTO IN THIS VEGGIE DELIGHT. IT'S MADE WITH EXCESS OIL, CHEESE AND NUTS SERVED OVER CHEESE-STUFFED PASTA. THERE'S NOT ENOUGH PROTEIN HERE AND IT'S EQUAL TO ALMOST FIVE STEAK SOFT TACO FRESCO FROM TACO BELL IN FAT.

SWAP IT!

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300 CALS, 11 G FAT

EVEN THOUGH IT CONTAINS CREAMED SPINACH, THIS SELECTION GIVES YOU BEANS AND RICE, WHICH IS A COMPLETE PROTEIN. [FOR MORE, VISIT ROSEREISMAN.COM]

GREEN CLEANING CAN BE EASY

What can I use to clean my granite counter tops? I'm scared of scratching them. *Jean of Toronto*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

No need to get sucked into purchasing specialty cleaning products. I recommend a simple mixture of baking soda and water. Mix into a paste consistency, apply with a soft cloth or sponge (an old cotton T-shirt will do), and rinse well. Or, try eco-friendly dishwashing soap — many are pH-balanced. A good rinse will prevent buildup. Both options are cost effective.

Avoid any homemade cleaning recipes (including mine) that contain acidic ingredients like lemon juice or white vinegar, or store-bought cleaners that aren't pH-balanced or contain harsh or abrasive chemicals. These will all dull and etch the stone.

ISTOCK PHOTOS

▶ Green cleaning has never been so easy.

Remember, stone is porous, so harsh chemicals like bleach or ammonia can also seep into the surface. Household cleaners aren't required to label ingredients, so you may not realize something contains a strong acid until it's too late!

Of course, you'll know once damage is done. Do you have what looks like a stain on your granite countertops? That's from using an acidic cleaner or not wiping up immediately after a lemon juice spill, which can change the natural patterns and variations of the stone. Always clean granite countertops (or any natural stone finish) with a pH-neutral, non-toxic cleaner. Do it daily, and wipe up spills as soon as they happen.

Another recipe worth trying (although not 100 per cent Queen of Green approved because I don't have granite countertops to test it): to a 250 ml spray bottle add 50 ml vodka, three drops of eco-friendly dishwashing soap (or liquid castile soap, or vegetable glycerin), and top up with water. Spray and wipe clean with a cloth.

David Suzuki Foundation

DROP FEES
National Student Day of Action
ALL OUT FEB 1
PARLIAMENT HILL - 12:30PM

Ontario has the highest tuition fees in the country at an average of almost $7,000 per year. In October, Premier McGuinty promised to reduce tuition fees by 30%.

On February 1st, students are going to hold him to that promise.

Get involved through your local students' union's organizing meetings:
Carleton University, every Tuesday at 4:00pm in the Atrium.
University of Ottawa, every Thursday at 6:00pm at Cafe Alt.

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She's got a true hunger for life

Through perseverance and planning, Jennifer Broe has turned a kitchen hobby into a successful business

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

There is a tattoo on Jennifer Broe's right wrist that says 'Believe' and Jennifer says it's a reminder to her every day to remain focused on the path toward success.

"I kept hitting so many walls. I wasn't sure I would be able to go forward. I was in my car a lot so it was a constant reminder to keep moving forward."

Jennifer started Baby Gourmet out of her kitchen in Calgary when a new mom's support group kept asking for her homemade organic food for their own babies. She set up shop in a high-end farmer's market and was soon selling $30,000 a month.

Within two years she had assembled a management team, secured funding and was ready to hit the marketplace. Her first pitch was to Canada's largest retailer, Wal-Mart, and she was so convincing she got the contract sent to her on her Blackberry on the way back to the car.

"We're feeding kids delicious foods that they love to eat and that moms can feel good about. I always trust my intuition and that's what's taken me forward."

▶ Jennifer Broe, winner of the 2011 Ernst and Young Emerging Entrepreneur Award.

Food for thought

Jennifer Broe's steps to success

- **Plan** All great leaders are able to execute but to be successful you need to lay out your strategy.
- **Team** Hire people to fill in your weaknesses. If you're not an accountant or website designer enlist people to help you execute your plan.
- **Persistence** If you hit a wall, push through it. The greatest rewards are once you've pushed through the most difficult situation.
- **Passion** You won't be able to overcome obstacles in your business plan if you don't have a passion for the product.

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Find time to teach at home

Study shows opportunities for parents to teach lessons in the home environment are often passed by

ISTOCK

▶ Keep an eye out for the many moments in the day that can be used to educate your young one.

Most Canadian parents want to devote more time to helping educate their children, but many aren't taking advantage of moments during routine tasks to share their knowledge, a new poll suggests.

The Ipsos Reid survey conducted on behalf of ABC Life Literacy Canada interviewed more than 1,000 parents between the ages of 18 and 55.

Findings revealed that 62 per cent of parents polled agreed that they don't have as much time as they'd like to spend helping their kids learn.

The survey found 70 per cent of respondents agree that they are their child's best teacher — a feeling even stronger among those with little ones at home. And 63 per cent disagree with the statement that the primary place for a child to learn is at school, not home.

Reading was the most common activity parents were likely to engage in with their children daily, followed by helping with homework, playing games, using a computer, writing stories or visiting a library.

Yet while many parents yearn for more time to devote to helping educate their kids, few are making use of opportunities during daily activities to engage youngsters in teachable moments.

For example, while 14 per cent said they always use paying their bills as a learning opportunity for their children, most never (27 cent) or rarely (28 per cent) use the occasion as a teachable moment.

As for cooking or baking, 27 per cent of respondents say they always use the time while whipping up a dish as a learning moment for their kids — signifying that the majority do not.

Kids can learn about matching, measurement and colours while parents do laundry, but only 19 per cent of parents surveyed said they always use the household chore as a teachable moment.

"We know that people are pressed for time, so what we're suggesting is take a look at the activities that you participate in with your families and see that there are inherent learning moments within those activities that you can engage with your child and enjoy," said Margaret Eaton, president of ABC Life Literacy Canada.

Eaton said discussing the day's news events or what was read online earlier in the day can help improve kids' vocabulary and get them thinking about, and sharing opinions on, issues.

THE CANADIAN PRESS

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Creative or conniving?

Experts explore link between creativity and dishonesty

Creativity has long been heralded as the force that drives society forward, responsible for life-saving medical breakthroughs and world-altering inventions like the lightbulb or the wheel. But a new study by a Harvard psychologist suggests this sought-after trait can come with a hefty price tag.

In The Dark Side of Creativity: Original Thinkers Can Be More Dishonest, co-author Francesca Gino says that creative thinkers are more likely to lie when faced with ethical dilemmas.

"Creativity increases what we call moral flexibility, which is the ability for people to come up with reasons why cheating is morally OK," said Gino.

"Organizations try to do their best to foster creativity in their employees and society advances because of innovation, so the idea is to put a little bit more focus on ethics and making sure that when creativity is fostered or encouraged we are also careful in trying to make sure that people are being ethical."

"I think we should be more aware of the risks and think about ways in which we can encourage creativity but also keep ethics in check."

FRANCESCA GINO, CO-AUTHOR OF IN THE DARK SIDE OF CREATIVITY

Gino, alongside Duke University's Dan Ariely, evaluated subjects' creativity using a continuous measure. The subjects were then asked to take a test in which they would be awarded more money if they answered certain questions dishonestly.

Using a total of five experiments, Gino and Ariely found that the more creative the test-taker, the more likely he or she was to cheat. This is because creative thinkers are better able to justify their dishonesty, the study suggests.

This held true not only when creativity was studied as a personality trait but also when responses were triggered by priming subjects to think creatively before taking the test.

"What we wanted to do with this paper is raise a red flag," said Gino. "I think we should be more aware of the risks and think about ways in which we can encourage creativity but also keep ethics in check."

The finding is especially problematic for colleges and universities, places where thinking outside the box is fostered and encouraged.

THE CANADIAN PRESS

FLAP Formation linguistique axée sur les professions
OSLT Occupation-specific Language Training
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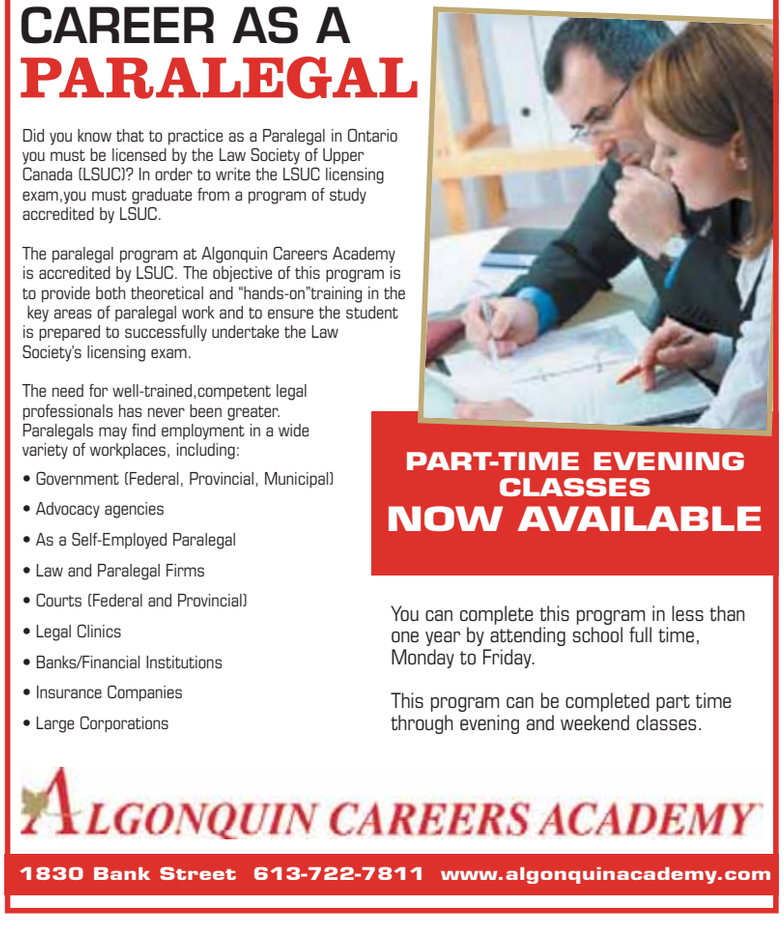
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The Driven to Quit Challenge kicked off earlier this month with a Toronto event featuring a 12-foot acrylic cigarette and the grand prize, a Ford Edge.

AVOID THIS RELATIONSHIP

FOUR TIPS TO HELP YOU STOP SMOKING

Tobacco use is one of the most difficult addictions to break, but research shows that nearly 70 per cent of those who smoke want to quit within the next six months.

If you, or someone you know, are among those who have made a pledge to quit smoking this year, try these tips for success.

1 **MAKE A PLAN:** Set a quit date and map out the steps leading up to that day. Get rid of your lighters and ashtrays and plan for how you will handle triggers.

2 **GET SUPPORT:** Let your friends and family members know you are planning to quit and tell them in advance how they can best help you. For expert advice, turn to a Quit Coach at Smokers' Helpline, a free, confidential service that provides personalized support and information about quitting smoking. Smokers' Helpline provides phone support, with interpreter service, an online program and text messaging at 1-877-513-5333 and SmokersHelpline.ca.

3 **DO A TEST RUN:** Try cutting down before your quit date. During your test run, explore strategies for dealing with cravings.

4 **FIND EXTRA INCENTIVES:** Take The Driven to Quit Challenge and stay smoke-free for the month of March for your chance to win your choice of a new Ford Fusion hybrid or Ford Edge, one of two $5,000 travel vouchers, and one of seven $2,000 cash prizes.

To register and for details, go to DrivenToQuit.ca or call Smokers' Helpline at 1-877-513-5333 by Feb. 29.

DUMP YOUR 'PAL' THE CIGARETTE, IT'S SLOWLY KILLING YOU

This year, the Canadian Council for Tobacco Control wants to draw attention to the complex relationship Canadians who smoke have with their cigarettes. Most of us have experienced a relationship that we knew was not good for us, but found it difficult to walk away. This is particularly true for the millions of Canadians addicted to cigarettes — their "pal" is slowly killing them.

Tobacco remains the leading preventable cause of disease and death in Canada, killing 37,000 Canadians annually. For every premature death caused by tobacco, there are at least 20 people living with a tobacco-related illness.

Five million Canadians smoke and need our help to quit. Yet, as a society, we continue to stigmatize people who smoke and to blame them for their addiction (labelling it a "choice" or "habit"), conveniently neglecting the fact that tobacco is highly addictive and that cigarettes are engineered to exploit that fact. Furthermore, most adults who currently smoke started before the age of 17, and many even before the age of 15.

We must do more to help create and invest in environments that support "quitters" and ensures our youth never enter into this devastating and costly relationship. Tobacco is a relationship that never has a happy ending.

Canadian Council for Tobacco Control
Conseil canadien pour le contrôle du tabac

ISTOCKPHOTO/THINKSTOCK

THE BEST KIND OF BREAKUP

Taking place from Jan. 15-21, this year's National Non-Smoking Week (NNSW) theme is Breaking Up Is Hard To Do. NNSW's goals include:

- Educating Canadians about the dangers of smoking;
- Preventing those who don't smoke from starting;
- Helping people quit smoking;
- Promoting the right of non-smokers to breathe clean air.

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Register at DrivenToQuit.ca by February 29, 2012.

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FOLLOW US ON: Smokers' Helpline | #D2Q

The Driven to Quit Challenge is presented in collaboration with your local public health department. All prizes made possible through the generous support of McNeil Consumer Healthcare.*No purchase necessary. Registration deadline: Feb 29/12. Registration, full rules, complete eligibility requirements and prize descriptions at: www.driventoquit.ca. Skill-testing question required. All cash awards are payable by cheque. Prizes may not be exactly as shown.

THE JOURNEY TO QUIT ISN'T EASY

RELAPSES ARE NOT FAILURE, EXPERTS SAY

HEMERA/THINKSTOCK

Quitting smoking successfully on your first attempt is one of the biggest myths that exists around giving up smoking, according to Canadian nurses experienced in smoking cessation interventions. For this reason, this new year, make a resolution to quit smoking (again), but don't think you have to face it alone.

"Relapse should not be perceived as failure. Rather, it is merely a step in the journey towards quitting smoking. It takes most smokers between five and seven attempts before they achieve lasting success," says Michel Lebel, a registered nurse with the Registered Nurses' Association of Ontario's (RNAO) National Smoking Cessation (SC) Initiative and a case manager with the Montreal Chest Institute.

The initiative is an expanded version of RNAO's successful Ontario-based program, which is building a network of nurses and other health-care professionals called "champions," through educational workshops that focus on smoking cessation best practices.

"It's important to rid ourselves of the notion of failure around quitting smoking, and that smokers should be able to give up the addiction all on their own," says Amanda Reid, a health promotion nurse with Central Health in Gander, N.L., and an SC facilitator with the national initiative. "Smokers become ashamed that they are unable to overcome their addiction, when addiction to nicotine is one of the hardest substance use dependencies to break."

Smokers need a large number of supports in order to break the addiction, including resources such as telephone quit lines, and nicotine replacement therapies, says Reid. Family members, in particular, need to be non-judgmental sources of support during relapses and understand that several attempts are part of quitting, she adds.

Quitting smoking is not a single event, but a process that involves a change in lifestyle, values, social circles, thinking and feeling patterns and coping skills. *– News Canada*

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Giant upset in Green Bay

Manning throws three TDs, Giants stun Packers 37-20 in NFC divisional playoff game

SCOTT BOEHM/GETTY IMAGES

▶ Giants QB Eli Manning drops back to pass against the Green Bay Packers on Sunday.

37	20
GIANTS	PACKERS

For Eli Manning and the New York Giants, Lambeau Field has become a familiar launching pad. After beating the Green Bay Packers at home for the second time in four years, they only hope this trip ends the same way — at the Super Bowl.

Manning threw three touchdown passes and the Giants shocked the Packers 37-20 in an NFC divisional playoff game Sunday. Manning threw for 330 yards, sending the Giants to San Francisco for the NFC championship game next Sunday night.

The Packers might have been the reigning Super Bowl champs, but the Giants might be the hottest team in the NFL.

"I think we're a dangerous team," Giants coach Tom Coughlin said. "I like where we are and how we're playing."

The Giants stunned the Packers with a touchdown off a long heave from Manning to Hakeem Nicks just before halftime, then knocked them out with a late touchdown off a turnover. Lambeau Field fell silent as the Giants swarmed the field in celebration, with a handful of New York fans chanting, "Let's go, Giants!"

The win came four years after the Giants beat a Brett Favre-led Packers team in the NFC title game. It wasn't nearly as frigid this time around, and the Packers' vulnerable defence seemed to be waiting to get sliced up.

Manning found six different receivers against a porous Packers defence. But Manning did the most damage with his throws to Nicks, who caught seven passes for 165 yards and two touchdowns.

Nicks' biggest play was a 66-yard touchdown catch in the first quarter. His score at the end of the half came on a 37-yard pass into the end zone with defenders all around.

"It was a big momentum play for them, but we were not deflated as a football team," Packers coach Mike McCarthy said.

The Giants defence also was able to defuse the big-play abilities of Aaron Rodgers and the Packers defence.

Rodgers was 26-of-46 for 264 yards, with two touchdowns and an interception. He also was the Packers' leading rusher with 66 yards on seven carries.

Meanwhile, the Packers' past problems with dropped balls by their talented group of wide receivers returned at the worst time imaginable.

And while the Packers defence has been porous all season, giving up far too many yards and big plays, they've typically made up for it by forcing turnovers.

This time, the Packers were the ones giving the ball away.

Green Bay lost three fumbles, including one on a rare giveaway by Rodgers. The Giants also sacked Rodgers four times. THE ASSOCIATED PRESS

Ravens defend their way to AFC title game

20	13
RAVENS	TEXANS

If style points and offensive fireworks meant anything, the Baltimore Ravens wouldn't stand a chance of making it to the AFC championship.

Playing defence and protecting the football are what they do best, and that formula led to a 20-13 victory over the Houston Texans on Sunday, putting Baltimore in the AFC title game against the New England Patriots.

"I always say there is a right way to do things, there is a wrong way to do things and there is just the Ravens' way of doing things," linebacker Terrell Suggs said. "It wasn't pretty but we're not really a pretty team. We got the W and now it's on to the AFC championship."

The Ravens (13-4) had almost as many punts (nine) as first downs (11) and scored only three points over the final 46 minutes. But Baltimore wasn't penalized, didn't commit a turnover, intercepted rookie QB T.J. Yates three times and totalled four takeaways — two in the first quarter and two over the final eight minutes.

"If we didn't get any of those turnovers it would probably be a different game," Ravens defensive tackle Haloti Ngata said.

Baltimore visits New England next Sunday, with the winner advancing to the Super Bowl in Indianapolis on Feb. 5.

The Patriots lead the series 6-1, but Baltimore's lone win came in the postseason.

"We don't play the game until next week," Suggs said. "I'm going to enjoy tonight."

Veteran defensive stars Ed Reed and Ray Lewis led a unit that yielded only one touchdown and came up with the big play when one was needed. Lewis had a team-high seven tackles and Reed sealed the victory with the Ravens' fourth takeaway, an interception near the goal line in the closing minutes.

"It's winning by any means necessary," Reed said. "That's what it's got to be." THE ASSOCIATED PRESS

4 sports

Sens preview

Winnipeg at Ottawa, 7:30 p.m. TV: SNET E

The Senators (25-15-6) host Winnipeg (20-19-5) looking to extend their four-game winning streak. The Jets are winless in their last three and have only won six of 21 road games. Daniel Alfredsson scored the shootout winner in Ottawa's 3-2 victory over Montreal on Saturday. Alfredsson is 4-for-4 in shootout attempts this season. Evander Kane leads Winnipeg with 18 goals but hasn't scored in his last seven games. Defencemen Dustin Byfuglien and Derek Meech (knee) as well as Zach Bogosian (lower body) are hurt, leaving the Jets thin on the blue-line. THE CANADIAN PRESS

Scan code for more sports news.

Things heading south in Miami

Tough times for Heat, with Wade ailing and the team on a three-game slide Miami had started season 8-1

Dwyane Wade is hurting. His team has lost three in a row. And the schedule is not going to provide any breaks any time soon.

The season's first official rough patch has arrived for the Miami Heat.

Some Heat players hit the practice court Sunday, Wade not among them. He was in the building, getting treatment on the right ankle he sprained in Friday's loss to Denver — one of three lower-body injuries he's dealing with of late, including a sore left foot and strained calf. There was no formal word on whether Wade would play Tuesday against San Antonio, but it seems the Heat are preparing to be without the 2006 NBA final MVP.

"We knew we were going to be faced with adverse situations. ... It's going to happen."
HEAT FORWARD CHRIS BOSH

"He needs to get healthy," forward Chris Bosh said. "That's the most important thing. He's been pushing it.

"He's been giving us everything he has. And unfortunately in the last game, he turned his ankle. But sometimes things happen. He probably needed to sit down and rest in the first place. Sometimes an injury will do that to you. It's a blessing in disguise. We need to be healthy when it's time to make a run in the playoffs.

"He needs to just chill out right now, get better and we'll hold it down until he can come back."

JOE MAHONEY/THE ASSOCIATED PRESS

▶ Heat guard Dwyane Wade grimaces after injuring his leg on Friday.

Wade was not on the practice court for Sunday's media availability. Coach Erik Spoelstra said there is no timetable for Wade's return, neither ruling him out for Tuesday nor suggesting he may be gone for a while.

"He's up walking around. He's working out right now downstairs," Spoelstra said. "But we're not going to put a timetable on when he comes back.

"Thankfully he's not in a cast or boot. He is walking around. So we'll see. We'll see how he responds each day and we'll go from there."

Wade was hurt late in the Denver loss, which capped a five-game road swing for Miami. The Heat were an NBA-best 8-1 after starting the trip with wins in Atlanta and New Jersey, then stumbled in overtime losses at Golden State and the Los Angeles Clippers, and closed the trip by allowing the Nuggets to shoot 55 per cent from the floor — Miami's worst showing in that department, by far, this season.

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Familiar spot for New England

Brady guides productive Patriots offence into sixth AFC title game in 11 years ◐ QB had 5,235 yards this season

Next up to try and stop the seemingly unstoppable Tom Brady and the New England Patriots offence: the Baltimore Ravens.

Good luck.

How do you cover powerful Rob Gronkowski and versatile Aaron Hernandez and still have a defender left to deal with Wes Welker, the NFL's leading receiver?

Can you generate enough of a pass rush to foil Brady's quick release? If you don't, the master of analyzing defences and firing precise passes can stand comfortably in the pocket, calmly searching for his best option and the quickest route to the end zone.

And don't forget the ground game while you're focused on all those aerial stars.

Get ready, Ray Lewis and Terrell Suggs. Your dominant defence is about to get its toughest test.

Baltimore's reward for beating the Houston Texans 20-13 on Sunday is a date with the prolific Patriots, who got there with a 45-10 win Saturday night over the Denver Broncos that turned Tebowmania into a passing phenomenon while its central character, Tim Tebow, kept passing poorly.

The Ravens play at Foxborough on Sunday with a defence much better than the one the overwhelmed Broncos displayed. Baltimore's unit is the third-stingiest in the NFL, but it has never seen anything like this.

Not with Brady at the top of his game after his decade of greatness.

"The team revolves around him," Hernandez said. "When he comes to play, which he mostly does every game, then we're going to be on fire, and when he's ready, we're all ready."

Brady's performance rivals — and surpasses in some ways — his 2007 MVP season when he set an NFL record with 50 touchdown passes and established a team mark of 4,806 yards passing. This season, he beat that by more than 400 with 5,235, second-most in NFL history to Drew Brees' 5,476.

The Patriots went 18-0 in 2007, then lost the Super Bowl 17-14 to the New York Giants on a last-minute touchdown. Now they're 14-3.

One more win gets them to the championship game thanks to Brady's six scoring passes against Denver, tying the NFL record held by Daryle Lamonica and Steve Young. By halftime, Brady already had thrown for five touchdowns while Tebow had just three completions.

The victory helped ease the lingering pain of three straight playoffs losses — 33-14 to Baltimore and 28-21 to the New York Jets after the Super Bowl disappointment.

"You lose a few playoff games and it's a very bitter way to end the season and it sits on your mind for quite a long time," Brady said. "For us to come out and play the way we did, have a very solid performance in the most important game of the year, is very gratifying.

"From this point on, everyone will be focused on what we need to do to be better next week and, hopefully, come out and play for another championship."

Brady has been brilliant all season, starting with a total of 940 yards passing and seven touchdown throws in his first two games. And in his last nine — all wins — he's thrown for 25 scores and just three interceptions.

"We never look at the individual. We all try and do our job," defensive tackle Vince Wilfork said. "If (Brady) plays well, everyone else plays well.

"When he has an off day, we try to rally around him as a team to help Tom and the offence. We aren't going to get 20-30 points all the time."

Of course not. There was that one game, back Oct. 30, when they scored only 17 points.

Brady's six scoring passes Saturday matched his career high. He completed 26-of-34 passes for 363 yards, a team record for a post-season game. He wasn't sacked, hardly even pressured, all game.

"That's Tom, week in and week out," running back BenJarvus Green-Ellis said, "so I don't think anyone else in this locker-room or in this country would expect anything else from him."

It wasn't always that promising.

The Patriots were just 5-3 and had lost two consecutive games for just the third time in nine seasons. Their defence, last in the league at the time, was getting pushed around.

It was time for Brady's bunch to turn things around.

They beat the Jets in New York 37-16 to start the nine-game winning streak. In three of the last four games, they've scored more than 41 points. The only other time that happened since Brady arrived in 2000 was in 2007 when they did it in three consecutive games and four of five.

That team had Randy Moss, the deep threat who caught an NFL-record 23 touchdowns.

This one has Gronkowski and Hernandez, the short, middle and deep targets who combined for 24 in the regular season and, in just one playoff game, another four.

"These two are changing the game," guard Brian Waters said. "If you decide to take away one, that opens things up for the other.

"You add the fact that we have receiving threats and some good guys at the running back position. It limits the things you can do defensively as far as trying to take one person out of the game. That's something that we are able to take advantage of."

THE ASSOCIATED PRESS

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IM ROGASH/GETTY IMAGES

▶ Next up for Tom Brady and his Patriots, an AFC championship showdown with the Ravens.

Tough blow for the Gunners

Arsenal's slim Premier League title hopes undermined by loss to Swansea ◗ Was sixth loss in 11 road games

Arsenal's hopes of a late challenge for the Premier League title suffered a blow Sunday with a 3-2 road loss to Swansea.

Robin van Persie put the Gunners ahead early with his 18th goal of the season but Swansea outplayed and outpassed what has long been one of England's most attractive teams.

Scott Sinclair struck a 16th-minute penalty before Nathan Dyer made it 2-1 just 12 minutes into the second half. Theo Walcott tied it in the 69th but Arsenal conceded less than a minute later as Danny Graham took advantage of slack defending to score the winner just a minute later.

Arsenal's sixth loss in 11 road games allowed sixth-place Newcastle to move into a tie with 36 points following a 1-0 win over Queens Park Rangers. Arsenal is four points behind fourth-place Chelsea in the final Champions League berth.

Swansea's commitment to attacking, passing football instead of the safety-first approach of many Premier League newcomers has now lifted it to 10th place, 10 points behind the Gunners but nine clear of the relegation zone.

"It's something we all inherently believe in and we've had success with it," Swansea manager Brendan Rodgers said. "The players show great courage to pass the ball.

"Sometimes we make mistakes but I've got a great belief they can play and pass, even against the best teams."

Manchester City can restore its three-point advantage over defending champion Manchester United on Monday if it beats Wigan. United beat Bolton 3-0 on Saturday, when third-place Tottenham was held to a 1-1 tie by Wolverhampton Wanderers. THE ASSOCIATED PRESS

MICHAEL STEELE/GETTY IMAGES

▶ Scott Sinclair of Swansea City scores from the penalty spot against Arsenal on Sunday.

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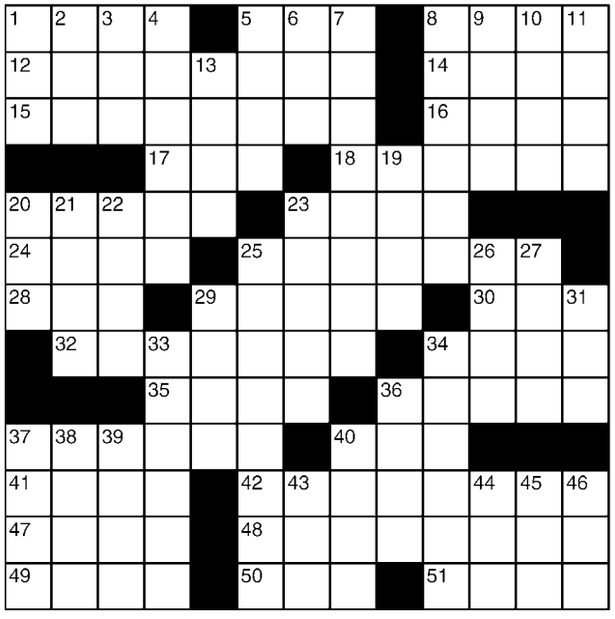

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1 Largest continent
5 Humpty Dumpty
8 Carpet style
12 Like a superintendent's apartment, often
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15 Food closets
16 Top-notch
17 Years on end
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41 First person
42 Bakery offerings
47 Zilch
48 North Carolina cape
49 Census data
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51 Navy-related (Abbr.)

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1 Dadaist painter
2 Aegean, e.g.
3 Hostel
4 Go to
5 Ireland
6 "Gosh!"
7 Movements
8 Shrimp dish
9 Hula- —
10 Zits
11 No stay-at-home
13 Kermit is one
19 Blunders
20 Third deg.
21 Paper quantity
22 Gymnast Korbut
23 Holder for cream cheese and lox
25 Victories
26 Wicked
27 Sodium chloride
29 Caspian feeder
31 Afternoon gathering
33 Actor Ving
34 President Harding
36 Damon or Dillon
37 "Peter Pan" pooch
38 Work like —
39 Sheet of glass
40 Renaissance family name
43 Junior Olympics org.
44 Savings-plan acronym
45 Water (Fr.)
46 Former fast flier

▶ Friday's answer

A	I	M		T	A	C	K		B	A	S	E
P	O	E		O	B	O	E		E	G	A	D
P	U	L	L	D	O	W	N		L	O	N	G
		T	I	D	Y			M	U	G	G	Y
B	A	D	L	Y		S	W	A	G			
A	L	O	T		S	C	H	N	A	P	P	S
L	O	W		H	O	O	E	Y		I	R	A
M	E	N	T	A	L	L	Y		A	P	E	D
			A	W	E	D		C	R	E	P	E
S	H	A	C	K			V	O	I	D		
W	I	N	K		S	H	O	W	D	O	W	N
I	D	O	L		H	A	T	E		W	O	O
G	E	N	E		E	W	E	R		N	E	W

Sudoku

1					3	7	8	
	3			4		6	9	
2			9					3
				3			1	9
		5				3		
4	1			8				
5					2			8
	7	2		9			5	
	6	9	4					1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

2	5	9	4	6	7	1	3	8
6	3	8	9	2	1	4	7	5
1	7	4	8	3	5	6	9	2
3	1	6	2	4	8	7	5	9
8	9	7	3	5	6	2	1	4
5	4	2	7	1	9	3	8	6
7	2	5	6	9	3	8	4	1
4	8	1	5	7	2	9	6	3
9	6	3	1	8	4	5	2	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Friend
Although we agreed to be friends, you don't treat me like one. I can't believe I still care about you enough that I'd run to your rescue if you ever needed me.
BEE

YES,
Let's get married, I've loved you forever!
SEE-SAW

To: him,
no one in particular, just a line or two, was an indoor day. Cozy n warm n full. Thank you, for friends. Thanks for just being there. Thanks for family. Thanks for sanity, n self control n self respect n thanks for just being myself. Good Evening! Its a beautiful nite, for cuddling and caressing wouldn't you agree! I do! Yum! ;) there ain't anything special bout this note -Sensual Seduction Secret Place Scenario
FROM: HER

Today
-1°/-3°
Flurries
40%
Tuesday
1°/-17°
Rain and snow
90%
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2012

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Everyone you meet seems determined to fight about something. Just ignore them.

♉ Taurus April 21-May 21
You will be motivated enough to finish something that should have been completed a long time ago.

♊ Gemini May 22-June 21
Family and financial matters will go well if you make sure you stay in control.

♋ Cancer June 22-July 22
If you make too many loud claims you may attract the attention of someone who calls your bluff.

♌ Leo July 23-Aug.23
The one thing you don't want to do as the week begins is make a target of yourself.

♍ Virgo Aug. 24- Sept. 22
What happens over the next few days will be the result of the many efforts you have made in recent weeks.

♎ Libra Sept. 23-Oct. 23
Get a grip on yourself and play to win.

♏ Scorpio Oct. 24-Nov. 22
It may seem as if you can get away with anything, and maybe you can, but the planets warn this phase is unlikely to last more than a few days, so don't get carried away.

♐ Sagittarius Nov. 23-Dec. 21
You may be tempted to show the world just how tough you can be but is that really the best way to win friends and influence people?

♑ Capricorn Dec. 22-Jan. 20
Don't hang around with the same old faces and go to the same old places. Be more adventurous, Capricorn!

♒ Aquarius Jan. 21-Feb. 18
Make sure you know what you are getting into before committing yourself to a project that may cost a bit of money.

♓ Pisces Feb. 19-March 20
Channel your confidence into something constructive, something that benefits not just yourself.

SALLY BROMPTON

Caption contest

PETER DEJONG/ THE ASSOCIATED PRESS

STINE BIDSTRUP/POLFOTO, THE ASSOCIATED PRESS

You write it!

WIN!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

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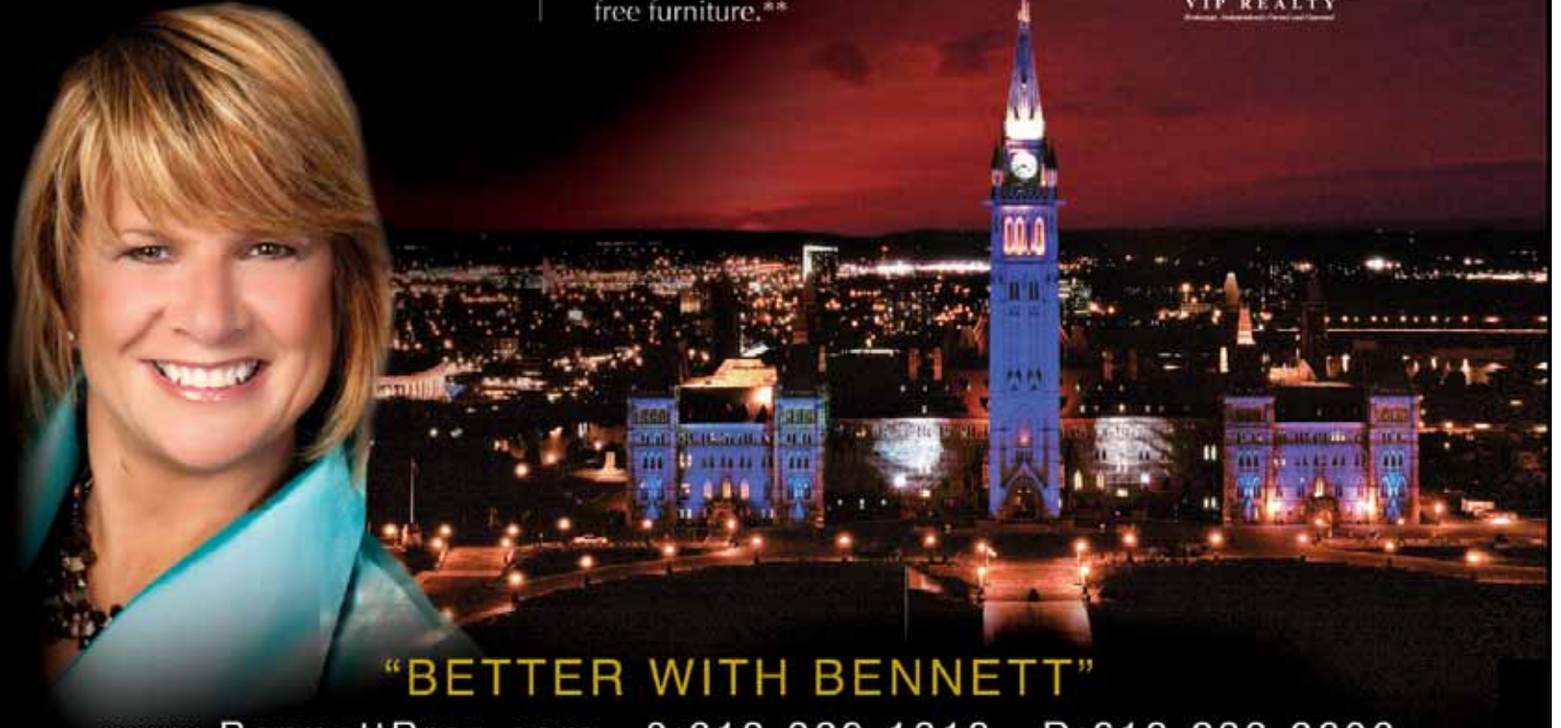

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